



Riverdog Farm

July 9, 2018

# Riverdog Farm Veggie Box News

## Box Contents:

- 1 ½ lbs Mixed Heirloom Tomatoes
- 2 Slicing Cucumbers
- 1 lb Mountain Rose Potatoes
- 1 Muskmelon
- 1 bu Carrots
- ¾ lb Mixed Summer Squash
- 1 lb Santa Rosa Plums

## Check payment for August Deliveries is due by July 31<sup>st</sup>:

- Tuesdays: \$96
- Wednesdays: \$120
- Thursdays: \$120
- Fridays: \$120
- Saturdays: \$120

Thank you for your payment if already sent!

## Quarterly Payment Schedule:

- 3<sup>rd</sup> Quarter**  
July/August/September  
\$312
- 4<sup>th</sup> Quarter**  
October/November/December  
\$288

## Annual Payment

- \$1,176  
(This amount includes 2 free boxes!)

To view the 2018 payment schedule visit:

[2018 Payment Schedule](#)

**Box Notes:** July is tomato time. Each year, we grow over 50 colorful varieties of tomatoes. We'll be featuring a changing selection of tomatoes in the veggie boxes for most of the summer. Some weeks we'll include mixed cherry tomatoes, other weeks you'll see mixed heirlooms and some weeks you'll see Early Girls toms. You'll also be seeing a variety of potatoes throughout this month. We harvested the first yellow watermelons and cantaloupes last week so they'll be appearing soon. The carrots are almost done for the summer season as they prefer to grow in the cooler seasons. Last week was the first cucumber harvest so they are the cream of the crop: mild, no need to peel the skin, and juicy/quenching!

**Field Notes:** The County Fire grew wildly over the past week but thanks to the incredible fleet of fire responders from all over the state, it's now up to 73% contained. We are seeing greatly reduced smoke and barely any smoldering remnants of the fire in the hills. The hillside/wilderness landscape is charred. It's hard to fathom that just one week ago we were fearful of property damage because the fire line was so close but the fire breaks that Calfire created and the backburns that they orchestrated were effective in containing the fire. Looking at the fires happening throughout the state and the loss of homes/structures, we are really sympathizing with the people who reside near regions that are vulnerable to wildfires after experiencing the threat of fire here. We hope that Calfire begins a program of wilderness management throughout the state that includes controlled fires to reduce the fuel load of vegetation that has accumulated over the years causing inferno-like conditions. Thank you for your concern about our safety. We appreciate your kind words!

## Web Store Highlights:

**To celebrate the summer cook-out season: Spare Ribs are on sale!  
Only \$8/lb. (down from \$10/lb.)**

You can now order a **Frog Hollow Farm CSA box** (or two!) for delivery with your Riverdog Farm CSA Veggie box, or web store order. The Frog Hollow fruit is CCOF-certified organic.

**The catch: you must make your one time or weekly order no later than Sunday at midnight for delivery the coming week.** Frog Hollow fruit boxes come packed full of **3-4 varieties of exceptionally tasty, seasonal, tree ripened stone fruit.** Summer fruit boxes contain 7 lbs. of mixed CCOF-certified organic stone fruit that include many varieties of peaches, plums, nectarines and pluots. Visit their web site: [www.froghollowcsa.com](http://www.froghollowcsa.com) to learn more about their CSA program, farm, ethos and fruits.

**Each Fruit Box is \$27.75**

**Event Announcement:** The Hoes Down Harvest Festival isn't happening this year. The event organizers decided to take a break. The festival will resume in October 2019.

## Heirloom Tomato, Melon, and Burrata Salad

From : <http://www.homesweetjones.com/2015/06/heirloom-tomato-melon-burrata-salad/>(Serves 4)

### Ingredients 1/2 English cucumber

1 pint heirloom tomatoes, 1 inch dice or halved, if small  
1/2 cantaloupe, 1 inch dice  
1/2 honeydew, 1 inch dice  
4 oz burrata  
2 tbs fresh mint, chopped  
Coarse kosher or pink Himalayan salt

### Dressing

1 tsp yogurt  
1/2 tsp honey  
1/2 tsp olive oil  
1/2 tsp lime juice  
water to thin, as needed

### Instructions

Combine dressing ingredients and set aside.

Use a vegetable peeler to create thin ribbons of cucumber. Combine cucumber ribbons, tomato, cantaloupe and honeydew in a large bowl and divide between 4 plates. Dollop each plate with 1 ounce of burrata, sprinkle with fresh mint and a generous pinch of salt.

Drizzle with a small amount of dressing and serve.

## Roasted Purple Potatoes and Carrots

From: <https://thrivinghomeblog.com/roasted-purple-potatoes-and-carrots/>

### Ingredients (Serves 4)

2-3 purple potatoes (they are fairly small), cut into 1 inch cubes  
2-3 carrots, cut into 1/2 inch slices  
1-2 tablespoons good olive oil  
1 teaspoon sea salt or kosher salt  
1/4 teaspoon freshly ground black pepper (or a few good cracks)  
3-4 sprigs of thyme, stems removed and chopped  
1 sprig of rosemary, stems removed and minced

### Instructions

Preheat the oven to 425 degrees F.

Place all the cut vegetables in a single layer on a baking sheet. Drizzle them with olive oil, salt, pepper, thyme and rosemary. Toss well. Bake for about 20 to 30 minutes, until all the vegetables are tender, turning once with a metal spatula. Keep an eye on them so they don't burn.

Season with salt and pepper to taste and serve hot.

## Summer Squash Gratin

From: <https://www.foodandwine.com/recipes/summer-squash-gratin>

Active Time 30 min -- Total Time 1 HR 30 min -- Serves : 4

### Ingredients

1/4 cup extra-virgin olive oil  
3 small leeks (1/2 pound), white and tender green parts thinly sliced into rounds  
1/4 cup dry white wine  
3 medium zucchini, cut lengthwise into 1/8-inch-thick slices, preferably on a mandoline  
3 medium yellow summer squash, cut lengthwise into 1/8-inch-thick slices, preferably on a mandoline  
Kosher salt Pepper  
1 cup finely shredded Gruyère (about 2 ounces)  
1 plum tomato, very thinly sliced crosswise  
Flaky sea salt and crusty bread, for serving

### How to Make It

#### Step 1

Preheat the oven to 425°.

In a large skillet, heat 1 tablespoon of oil over moderately high heat. Add the leeks and cook, stirring occasionally, until softened, about 3 minutes. Add the wine and cook until evaporated, about 2 minutes. Spread in a 9-inch round baking dish

#### Step 2

Meanwhile, on 2 large baking sheets, spread the zucchini and yellow squash and brush with the remaining 3 tablespoons of oil; season with salt and pepper. Sprinkle with the cheese and let sit until slightly softened, about 5 minutes.

#### Step 3

Tightly roll 1 piece of zucchini and set it on the leeks in the center of the dish. Working

outward from that center slice, continue rolling and coiling additional pieces of zucchini and yellow squash until you reach the edge of the baking dish. Season the tomato slices with salt and pepper, then tuck in intervals between the zucchini and squash. Scrape any cheese off of the baking sheets and sprinkle on top.

#### Step 4

Bake for 30 minutes, until the zucchini and squash are tender and browned in spots. Sprinkle with sea salt. Let cool slightly, then serve with crusty bread.